



Circle Solutions:

Circle Solutions promotes healthy relationships and social-emotional wellbeing for all ages from young children to adults. The approach is based on research evidence found in the fields of resilience, positive psychology and neuroscience.

Testimonials from our Circle Solutions 'Taster' Workshop, 2019:

"Liked the way you lived to your own principles. Loved the zest and sincerity"

"Hanging onto every word - wish it was longer. Thank you."

"Really useful in terms of content and strategies."

If you would like to learn more about our Circle Solutions Training and our other services we provide to education settings, please contact us on:

0845 026 7260

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Psychology Associates



"Highly trained and exceptionally well-supported therapists provide thorough assessments and carefully tailored services"

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Circle Solutions for Student Wellbeing

One-day training course or 'taster' sessions



How do you run a Circle?

Participants - including the facilitator - take part in a wide range of paired, small group and Circle activities. These are often presented as games which aim to promote, connection, inclusion, positive feelings and reflection.

Circles take about 30 minutes to run, sometimes longer for older children and more complex discussions. The minimum recommendation is one session per week but they could be run daily especially where they fit into the current curriculum around PSHE.

Additional support, supervision and whole school training can be accessed. from us explore whole school needs.



Circle Solutions as a way to support social-emotional learning

Circle Solutions is a pedagogy for building strong and thriving communities. It aims to promote wellbeing for all members of the school community, by facilitating positive and prosocial participation and discussion of specific topics. It supports the practice of healthy relationships, resilience, and responsibility that provide students with the skills they need both in and beyond school.

The Circle Solutions approach is based on the principles of ASPIRE

Agency

Safety and Choice

Positivity

Inclusion

Respect

Equity

Schools are increasingly being asked to support students' social and emotional needs. Circle solution provides a format to achieve this that focuses on each and every pupil and member of staff. Its focus on wellbeing throughout whole systems makes it unique and embeds wellbeing at the heart of educational and residential communities.

What are the benefits of the training?

Participants will learn about the research evidence that underpins this approach and understand how it enhances both behavioural and learning outcomes. This course can be offered as a 'taster' session or a full day.

The Circle Solutions Introductory Day will enable participants to:

- Understand the principles that underpin Circles
- Appreciate why social emotional skills are critical for effective teaching and learning
- Be part of a collaborative learning experience
- Learn how to plan and facilitate Circles effectively
- Consider key factors for successful implementation and sustainability
- Explore resources and links to current educational issues.